

# 13 to 16 Weeks of Pregnancy



Refer to pages 73-74, 164, 166 in Your Pregnancy and Childbirth Handbook for more information

## **Your Baby**

*Interesting Facts:* Rapid growth continues. Your baby can swallow amniotic fluid. The heart beat can be heard at 120 to 160 beats per minute. Your baby's ears, arms, hands, fingers, legs, feet, and toes will be fully formed by the end of 16 weeks. Muscle and bone are developing rapidly.

*Size:* about 6 inches

*Weight:* ¼ pound (20 grams)

## **Your Body**

The placenta is fully formed by 16 weeks and can make enough hormones on its own to keep the pregnancy healthy. Your nausea may not be as bad now. The hormones of pregnancy tend to slow your bodily functions down, so constipation can become a problem. You may feel unsure about your pregnancy at times. These feelings are normal and should be discussed with either a family member or with your Healthcare Provider.

## **Your Visit**

Today you will review all lab results done during the physical. You may also be counseled on two elective blood draws; the maternal serum alpha fetal protein test and the cystic fibrosis test. The Healthcare Provider will listen to the baby's heart rate with a doppler.

### *What is the Maternal Serum Alpha Fetoprotein Blood Test?*

This tests screens for serious birth defects by measuring the amount of alpha feto protein in the mother's blood. This test can only be done during the 15<sup>th</sup> to 20<sup>th</sup> week of pregnancy. Birth defects screened by the MSAFP are trisomy 18, Down's Syndrome, and spinabifida. This test may render a false positive.

## **Your Responsibility**

Keep your prenatal appointments. It is also important to start an exercise routine. This will help you keep your energy as well as keep you fit. Make sure to eat healthy nutritious foods and drink plenty of water. Talk to your family and Healthcare Provider about your feelings concerning pregnancy.

